



Breton House

Algoma Substance Abuse Rehabilitation Centre

Program Information Package

Thank you for your interest in the Breton House program. Enclosed, you will find information about the services we provide and what you can expect should you choose to become a resident.

At Breton House, our dedicated team is committed to providing compassionate, high-quality care while supporting each resident throughout every stage of their recovery journey.

Thank you again for taking the time to review the Breton House information package. We appreciate your interest and look forward to hearing from you soon.

Kind regards,

Breton House Staff



Land Acknowledgment

Breton House would like to acknowledge that we are situated on Robinson-Huron Treaty territory. We respectfully acknowledge that the land on which we gather, heal and work on recovery is the traditional territory of the Anishinaabe; home of Garden River First Nation, Batchewana First Nation and the Métis Nation, in an area historically known as Bawating.

History

The Algoma Substance Abuse Rehabilitation Centre originated from a local chapter of Women for Sobriety in the early 1980s. The need for a recovery home for women was highlighted in a report by Judge Raymond Stortini and commissioned by the District Health Council in 1983. Women for sobriety worked to gain support from the local community for a women's recovery home.

The property of 91 Breton Road was purchased in December of 1985 and promptly named Breton House. Breton House aimed to provide women with opportunities to grow and change as they sought recovery from substance use disorder. The first residents arrived on April 27, 1986.

Mission

Improve the health and well-being of women with substance use issues by offering opportunities of growth and change.

Vision

Women empowered by hope.



Program Scope

Breton House is an addiction-focused program and does not provide primary treatment for mental health disorders, trauma-related concerns, or abuse recovery as standalone issues. Individuals whose mental health is unstable or is the primary presenting concern may be required to complete a higher level of treatment and/or establish appropriate counselling or external supports prior to admission.

If a resident's mental health becomes unstable or significantly impacts safety or participation, counsellors may initiate discharge planning or proceed with discharge to ensure the safety and well-being of the resident and program community.

Breton House does not have an on-site housing worker or provide direct housing support. Residents are expected to focus on programming, recovery, and personal development while in the program. Housing options may be explored approximately 30 days prior to anticipated graduation as part of aftercare planning. If housing becomes the primary focus and interferes with program participation, discharge planning may be initiated.

Screening Process

Individuals may seek admission to Breton House through self-referral or referral from a community agency or service provider.

Eligibility Criteria

To be eligible for admission, individuals must:

- Be 19 years of age or older.
- Be currently experiencing challenges related to substance use.
- Be seeking support and treatment to address their recovery goals.

Initial Screening

The admission process begins when an individual contacts Breton House directly. Breton House is staffed 24 hours a day, 7 days a week.

A staff member will complete an initial telephone screening to gather information about the individual, including substance use, medical and mental health history, and current medications.

Follow Up

Within seven (7) days of the initial screening, a counsellor will contact the individual to review the screening information. After the Follow up, eligible individuals may be placed on the waitlist.

Waitlist Expectations

To remain active on the waitlist, individuals must:

- Contact Breton House weekly to check in;
- Provide relevant updates regarding their circumstances; and
- Maintain their interest in and commitment to participating in the program.
- If an individual does not contact Breton House for more than two (2) consecutive weeks, their file will be placed on inactive status for one month. After one month, the individual may re-enter the admission process by completing a new screening.

Meet & Greet.

Meet & Greets may be conducted in person at Breton House or virtually via Zoom for individuals residing outside the local area.

The Meet & Greet provides an opportunity to discuss recovery goals, treatment expectations, and individual needs. The Breton House program will also be reviewed to determine whether it is an appropriate fit.

Incarceration Application Process

Individuals may apply to Breton House while incarcerated and must follow the same application process outlined above. Applicants must maintain weekly contact with staff and, where possible, provide contact information for a worker to assist with communication.

Breton House does **not hold or reserve beds** for individuals who are incarcerated, including those awaiting bail or scheduled for release. Wait times cannot be confirmed, as they depend on program availability, client needs, and admissions. Letters may confirm that an individual has applied and outline the requirements for remaining active on the waitlist.

Individuals are responsible for contacting Breton House upon release. Admission is not guaranteed and depends on continued eligibility, completion of screening, waitlist status, and bed availability.

Breton House cannot accommodate individuals under house arrest or required to wear an ankle-monitoring device. Individuals on probation are responsible for complying with their probation conditions; Breton House does not monitor or enforce them.

Higher-Intensity Treatment Requirement

For the purposes of this process, “higher-intensity” refers to a structured treatment program, typically 28 days or longer, that may include trauma-focused or mental health supports. This requirement is intended to promote readiness, stability, and a successful transition into the Breton House program.

Individuals may be required to complete a higher-intensity treatment program before admission. A bed will not be offered until the required program has been successfully completed and confirmation of completion has been received.

Completion of the required program does not guarantee immediate admission. Admission remains subject to bed availability, occupancy, and program capacity.

Admission Process

When a bed is available, an admission date will be scheduled, and the individual is expected to attend as confirmed.

If detox is required, it must be completed before admission. A minimum of 72 hours of confirmed sobriety is required prior to admission to support a safe and stable transition into the Breton House program and community environment.

Residents are provided with a two-day adjustment period following admission. After this period, residents are expected to actively engage in programming and meet their assigned responsibilities.

Medication Requirements

Individuals must arrive with a minimum of two (2) weeks of prescribed medication. As Breton House does not have medical staff on site, individuals are responsible for ensuring their medication needs are arranged prior to admission.

If an individual does not have a family doctor, Breton House can assist with connecting them to a Nurse Practitioner; however, wait times are typically two (2) to three (3) weeks. It is therefore strongly recommended that all medication needs be addressed and stabilized prior to admission.

All medications must be provided in **blister-pack format** upon entry to the program.

Transportation

Individuals are responsible for arranging and securing their own transportation to Breton House, whether travelling locally or from out of town, including by bus or air.

Breton House can provide documentation confirming the admission date to support transportation funding requests or coordination with workers and agencies.

If transportation cannot be secured, admission cannot proceed, and the available space may be offered to another applicant until transportation is confirmed.

All information provided during the screening and admission process must be complete, accurate, and truthful. If an individual is found to have knowingly provided false or misleading information, or intentionally withheld information relevant to their admission, eligibility, safety, or participation, Breton House may review the circumstances and proceed with immediate discharge.

Programming Break Down

Counselling

Upon admission, each resident at Breton House develops three individualized recovery goals in collaboration with their counsellor. These goals focus on specific areas of need that support long-term recovery.

Residents participate in one hour of individual counselling each week, where their goals are reviewed and addressed. Sessions may also focus on significant or emerging concerns that may impact recovery, ensuring counselling remains relevant and responsive to each resident's needs.

Education Groups

Education groups provide information, skills, and tools to support personal growth, recovery, and overall well-being. Topics may include relapse prevention, coping strategies, communication, boundaries, emotional regulation, and codependency.

Group Therapy

Residents discuss challenges they experienced during the week, such as cravings, triggers, or other recovery-related difficulties. Group members provide constructive feedback, encouragement, and practical strategies to help address these challenges.

Fire Letter

Fire Letter activity encourages participants to write about a topic assigned by the counsellors, focusing on thoughts, feelings, behaviours, relationships, or experiences they wish to process or let go of. This reflective exercise promotes self-awareness, emotional expression, and personal growth.

Revamping My Life Story

This 12-week group focuses on exploring different aspects of an individual's life story, including their experiences, relationships, coping strategies, patterns, strengths, identity, values, and future goals. Each topic is designed to explore a specific area while helping build a deeper understanding of how past experiences have shaped the person they are today, what they have learned, and what they want moving forward.

Life Skills

Life Skills provides residents with practical skills and strategies to support independence, responsibility, and successful recovery. The group encourages residents to build

confidence and develop skills that support a healthy and balanced lifestyle both during and after their time at Breton House.

Sharing Circle (Closing Group of the Week)

Sharing Circle is the closing group of the week, providing participants with an opportunity to reflect on their experiences, successes, and challenges. Participants offer support and encouragement to one another while setting positive intentions for the week ahead.

Leisure Group (Tuesday Evening)

Leisure Group focuses on recreation, socialization, and enjoyment through structured activities such as games, crafts, discussions, and life skills. The group promotes healthy leisure skills, stress reduction, and positive social connections.

Graduation Group

Graduation Group celebrates participants who have successfully completed the Breton House program. It recognizes their accomplishments, encourages reflection on personal growth, and provides an opportunity for peers and staff to offer support and congratulations.

12-Step Work

While staying at Breton House, you will be asked to actively work through the 12 Steps as part of your recovery journey. This work is completed individually throughout your stay. Upon entering the program, you will be assigned the Step you are currently working on and will receive the corresponding questions to complete.

Point System

The Breton House Point System promotes accountability, responsibility, and healthy life skills. The goal is to maintain zero points by consistently meeting expectations and demonstrating positive daily habits.

Point Removal

Points are not permanent. For each point received, a resident must complete one full week without receiving another point for that point to be removed. This encourages consistent positive behaviour and personal growth.

Accountability Process

When a resident reaches 8 points, a meeting will be held with both counsellors. The resident and counsellors will identify areas of concern and develop an individualized action plan to improve accountability, decision-making, and follow-through.

Discharge Policy

If a resident reaches 10 points, they will be discharged from the program. By this stage, the resident has already been provided with opportunities for accountability, discussion, support, and corrective planning.

If a resident reaches 10 points, they will be discharged from the program. At this stage, opportunities for support, accountability, and corrective planning have already been provided. Reaching 10 points indicates that the resident has not consistently met the responsibilities required to remain in the program.

Point System Breakdown

Level 1 (Earns 1 Point)

- Not submitting journal
- Chore incomplete
- Chore sign off not done
- Arriving late for meals
- Leaving early from meals
- Missing meals (without permission)
- Late from pass/not completing pass prior to leaving
- Having/using scented products
- Using the tv, phone or iPad for more than allotted time
- Using the iPad away from the designated area (upstairs dining table)
- Making purchases online without prior approval
- Bed not being made prior to breakfast
- Sleeping past wake-up time
- Bringing bedding outside of your bedroom
- Eating food or having snacks in bedrooms
- Not using a closed cup
- Wearing housecoat or pajamas during the day
- Laying on couches
- Sleeping on couches
- Unintentional inappropriate language (swearing when you stub your toe)
- Having more than one pair of shoes at the back door

Level 2 (Earns 3 Points)

- Improper communication with staff or peers (yelling, swearing, using a negative tone)
- Gossiping about fellow residents or staff
- Deliberate ignoring of direction from staff
- Not participating in programming (including incomplete assignments)
- Sharing personal items (razors, nail clippers, etc... poses a health and safety risk)
- Refusal to wake up/get out of bed
- Providing goods or services to peers for money (hairdressing, selling smokes)
- Lending money to other residents (including E-transfers)
- Improper disposal of food (including not scraping your plate into the garbage)

Level 3 (Earns 5 Points)

- Physical violence towards objects (slamming doors, throwing objects)
- Having medication in your bedroom
- Entering another residents bedroom
- Improperly disposing of cigarettes
- Smoking outside of the designated area
- Smoking outside designated time (smoking not permitted between 12am-7am)

Level 4 (Earns 10 Points-Results in Immediate Discharge)

- Substance use
- Remaining in the company of anyone using substances
- Discriminatory language (racial slurs)
- Bullying of residents or staff in any form
- Failure to be accountable for whereabouts and actions
- Destruction or defacing of property (in or outside Breton House)
- Breaching confidentiality of staff or peers (includes reading another resident's journal)
- Physical violence towards staff or peers
- Creating a fire hazard (includes smoking or vaping in the home)
- Missing 3 counselling sessions
- Stealing of any kind
- Any violation of the Criminal Code of Canada

Pass Procedures

Weekday Passes (Monday–Friday)

Residents may be granted up to **three (3) passes per day**, including time spent attending day programming activities. Each pass may be up to **3.5 hours** in duration.

Weekend Passes (Saturday–Sunday)

Residents may be granted up to **two (2) passes per day** on weekends. Each pass may be up to **4 hours** in duration.

Approval and Exceptions

All passes are subject to staff approval and may be modified, restricted, or revoked based on individual treatment goals, safety concerns, program requirements, or compliance with agency expectations. Exceptions may be considered on a case-by-case basis and require approval from staff.

Cell phone use

Residents may access their cell phones **one week after admission**, on **Tuesdays and Thursdays from 1:30 p.m. to 3:00 p.m.** for appointments, bill payments, and other necessary tasks.

Residents may take their cell phones off property when attending outings that are **longer than one hour**.

Household Responsibilities

Residents are expected to help maintain a clean, healthy living environment through a structured daily, weekly, and monthly chore schedule. Tasks are divided among residents to ensure the home is consistently maintained.

Residents with mobility limitations or other physical challenges will be accommodated. Tasks will be modified or assigned based on their abilities to ensure participation is safe and realistic.

Residents also participate in meal preparation on a rotating eight (8)-day schedule. Meals must accommodate any known food allergies or intolerances. This may include preparing one meal that meets all dietary needs or providing appropriate modifications or alternatives.

Sick Day & Physical Illness Policy

Clients may take a sick day when an illness prevents safe participation in programming. Examples include fever, vomiting, contagious illness, significant pain, or necessary medical appointments.

Clients must notify staff as soon as possible, preferably before programming begins. Staff will determine whether the client is appropriate to remain off programming.

Clients are expected to attend programming unless medically unable to participate. A maximum of **two (2) sick days per calendar month** is permitted. Repeated or patterned absences may be reviewed by a staff member.

This policy supports recovery from illness while maintaining consistent participation, structure, and treatment engagement throughout their stay.

Family, Visitor, and Return Home Policy

Initial Two-Week Period

Family visits, either at Breton House or elsewhere, are not permitted during a resident's first two weeks. This time allows residents to settle in, learn program expectations, and establish a routine.

Visits After Two-Week Period

After completing the initial two-week period, family visits, including children and family from outside the city must:

- Follow the approved pass guidelines.
- Visits must be approved by staff and require 24-hour notice.
- Residents must complete all assigned chores and programming before receiving visitors.

Children Visiting Breton House

Children may visit Breton House on Fridays, Saturdays, and Sundays, provided that:

- The visits follow the approved visitor and pass guidelines.
- The visit is approved by staff with 24-hour notice.
- The resident has successfully completed the required initial two-week period.
- The resident has completed all assigned chores and required programming before the visit

Return Home Policy

Residents are not permitted to return to their previous residence after admission to Breton House, whether locally or outside the area.

Unauthorized return to a previous residence will result in immediate discharge from the program.

Breton House reserves the right to review, modify, or restrict visitation arrangements when necessary to support the safety, well-being, and successful participation of the residents and the overall program.

What to bring to Breton House

We ask that you bring no more than 2 bags (suitcases, duffle bags, etc.) to Breton House due to the limited available storage.

Please Bring:	Do not bring:
• Personal toiletries and hygiene products • Prescribed medications-Blister packed or in original properly marked containers. • Casual and comfortable clothing • Proper footwear (shoes or hard sole slippers) is required within Breton House	• Alcohol/drugs, drug paraphernalia or weapons • Clothing with slogans promoting alcohol or drugs is not permitted. • Clothing with slogans or pictures that is demeaning or prejudicial to any group; or that displays inappropriate content are not permitted. • Revealing clothing is not permitted • Bedding or linens • Laundry soap or dryer sheets • Scented products • Electronics or video games • A vehicle

All information in this document is subject to change at the discretion of Breton House based on program needs, structure, and requirements.

Contact Information

Kaylan Gagnon - Counsellor
kaylangagnon@bretonhouse.ca
705-759-4891

Jennifer Maville- Counsellor
jmaville@bretonhouse.ca
705-759-4891

Required Forms

Please ensure all forms are completed with up-to-date information

☐ Signed consent for any professionals supporting your treatment. (Form #1)
If you require multiple Consent Forms, you may photocopy or request additional forms.

☐ Medication Form (Form # 2)

☐ Acknowledgement Form (Form #3)

☐ Travel Form (Form #4)

Please return these forms prior to your admission date.

Fax: 705-759-1874

Email: jmaville@bretonhouse.ca OR kaylangagnon@bretonhouse.ca

Consent Form To Release or Obtain Information

I _____ D.O.B: _____

of Breton House, 91 Breton Road, Sault Ste. Marie, Ontario- hereby consent to the release of relevant information concerning self by:

BRETON HOUSE to: _____

(Businesses or organizations must include address and phone number)

In addition, I hereby consent to the release of relevant information

by: _____ to the above-mentioned **BRETON HOUSE**

I understand:

- Who wants the information and for what purpose.
- What information is to be disclosed/obtained.
- That the information obtained or released will not be passed on to another third-party without my consent.

Area of Disclosure:

Client Initial: _____

Emergency Contact	☐	Yes	☐	No	_____
Waitlist or Intake Information	☐	Yes	☐	No	_____
Medical or Psychiatric Information	☐	Yes	☐	No	_____
Assessment & Treatment Planning	☐	Yes	☐	No	_____
Progress Report	☐	Yes	☐	No	_____
Discharge Summary	☐	Yes	☐	No	_____
Legal Status (ie. Court dates, parole, probation)	☐	Yes	☐	No	_____
Other: _____	☐	Yes	☐	No	_____

**This consent form is valid for a period of 6 months at which point it will expire.
You may withdraw your consent either verbally or in writing at any time without consequence.**

Dated: _____ City: _____

Signed: _____ Witness: _____

Medication Form

Current Pharmacy: _____
Pharmacy Phone Number: _____

Methadone/Suboxone/Sublocade:

Current Clinic: _____
Clinic Address: _____
Phone Number: _____

- ☐ Methadone Dosage: _____
☐ Suboxone Dosage: _____
☐ Sublocade Dosage: _____

If Clinic transfer is required:

OATC
500 Queen Street East,
Sault Ste. Marie, ON
P6A 2A1
(705) 759-8080

Recovery North
673 Queen Street East
Sault Ste. Marie, ON
P6A 3C4
(705) 256-3003

RAAM Clinic
123 East Street
Sault Ste Marie, ON
P6A 3C7
(705) 759-3434 ext. 7200

If Pharmacy transfer is required:

Metro
150 Churchill Blvd,
Sault Ste. Marie, ON, P6A
3Z9
(705) 254-3923

PharmaRight
688 Second Line E,
Sault Ste. Marie, ON, P6B
4K3
(705) 949-5050

Rexall
129 Trunk Rd,
Sault Ste. Marie, ON, P6A
3S4
(705) 253-3254

*** Metro does not dispense certain medications, including Methadone and Suboxone.**

Blister packs are required for all regularly prescribed medications. As-needed medications may be provided in properly labelled containers and must include the individual's name, medication name, prescription number, and dosage. Please ensure you have a **2-3 week supply** of all current medications, including refills, prior to arriving at Breton House.

Signature

Date

Acknowledgement Form

Mental Health and Housing

Mental Health/Trauma Supports

Breton House is a substance use disorder-focused program. While we recognize the relationship between mental health, trauma, and substance use, Breton House is a trauma-informed facility and is not a trauma-focused or trauma-recovery program.

If trauma treatment is identified as a goal of your recovery, you may be referred to an outpatient trauma-focused service while attending Breton House.

Acknowledgement

I, _____, acknowledge and understand that Breton House is a trauma-informed facility and not a trauma-focused or trauma-recovery program. I understand that I may be referred to outpatient trauma-focused supports if required or requested.

Housing Supports

Breton House is a substance use disorder-focused program. While we recognize the impacts of homelessness, housing instability, and other housing-related needs, Breton House is not a housing program and does not have housing workers on site.

If securing housing is a goal, individuals will be referred to community-based housing support in Sault Ste. Marie. If housing is sought outside Sault Ste. Marie, referrals can be made to appropriate community resources in the area where you plan to reside.

Acknowledgement

I, _____, acknowledge and understand that Breton House is not a housing facility and does not have housing workers on site. I understand that referrals can be made to community organizations that provide housing support.

Signature

Date

Travel Form

ARRIVAL PLAN

The following is my current transportation plan for travelling to Breton House.

Mode of Transportation: _____

Please note: If travelling to Sault Ste. Marie by Northland Bus, the scheduled arrival time is 10:30 p.m.

Person/Agency Providing Transportation or Transportation Funding:

☐ I understand that the cost of transportation is my responsibility and that Breton House is not responsible for arranging transportation or securing funding to assist with my travel to the program.

Signature

Date

DEPARTURE PLAN

The following is my current plan should I leave Breton House prior to completing the program:

Destination Upon Departure: _____

Mode of Transportation: _____

Please note: If leaving Sault Ste. Marie by Northland Bus, departure times vary by direction. The bus departs Sault Ste. Marie at **10:30 a.m.** for southbound travel and **10:30 p.m.** for northbound travel.

Person/Agency Providing Transportation or Transportation Funding:

☐ I understand that the cost of transportation is my responsibility and that Breton House is not responsible for arranging transportation or securing funding to assist with my departure.

Signature

Date